



ACADEMY OF IMPROV

ACTING OUTSIDE THE LINES.

ABOUT IMPROVISATION AND THE ACADEMY OF IMPROVISATION

Improvisation, or improv, is a form of theater (often comedy) in which the characters, plot, dialog, and setting are made up in the moment. Actors use suggestions to inspire creating scenes on the spot, without any prior scripting or planning.

Academy of Improv provides an encouraging, safe space to learn how to work off of other's ideas to create bigger, better ideas and scenes. The skills learned can also be applied to every-day interactions, and can help instill confidence, positive self-expression and improved communication and public-speaking skills. Studies have shown that learning improvisation also helps improve resiliency. It also connects students together and almost always inspires shared laughter.

Chet Harding, the founder of the Academy of Improv and lead instructor, has taught hundreds of people, from aspiring actors and "theater kids" to students who aren't interested in theater, but love comedy to students who just want to gain some confidence and have some fun. He has helped launch careers in comedy and acting, and he has also helped executives work more creatively and lead more effectively. He is a co-founder of the Improv Asylum and Laugh Boston comedy theaters, a co-creator of an Emmy-nominated sketch comedy television show, and he has been published twice in Harvard Law School's *Journal of Negotiation* about applying principles of improvisation to critical moments in negotiation. You can also see him in *Super Troopers 2* portraying an angry Canadian.